



KAIKOURA COAST TRACK

Essential Information for Walkers

Contact Us

Contact: Sally and David Handyside

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Facebook: www.facebook.com/kaikouracoasttrack

Address: 356 Conway Flat Rd, R.D.4 Cheviot. 7384 NZ

We provide

Accommodation in warm, clean cottages with fully equipped kitchens, flushing loos and hot showers, clean beds (backpacker/bunkhouse style), clean pillows & pillowcases and bathmat.

Luggage transport to each night's accommodation. One piece of luggage per person will be transported, plus one chilly bin/box of food per party (two if more than five people). Additional bags can be transported at a cost of \$15 per bag.

You'll also receive secure car parking, van transfer to the start of the second day of the track, a printed guide booklet containing a detailed map, and 26 km of pristine coastal Kaikoura to explore!

What to bring

Clothing: Warm hat, gloves, strong footwear, tramping clothes, waterproofs, sun hat, sunblock.

Food: Whatever you want to eat for two days. Most people bring far too much!

Other: Water bottle, phone and charger, day pack, sleeping bag, towel and toiletries.

Detailed directions

The Kaikoura Coast Track starts and finishes at The Beach House, 356 Conway Flat, 40km south of Kaikoura. [View on Google Maps.](#)

When to arrive

Plan to arrive at The Beach House late afternoon or early evening of your first day. If you will arrive after 9pm please ring Heather on +64 21 119 3668.

Arriving by car

The start of the track is 7.5km off State Highway 1 (the main north/south highway in the South Island). Both the Kaikoura Coast Track and Conway Flat are clearly signposted from State Highway 1. To reach the start of the track you'll drive 140km north of Christchurch (2hrs), from Kaikoura you'll drive 40km south (40mins), and from Hamner Springs you'll drive 100km east (1hr and 20mins).

Arriving by bus

The Intercity bus from/to Christchurch to/from Picton will drop you off on State Highway 1 near the start of the track (stop name: Conway Flat Turn-off for Kaikoura Coast Track). Let us know you are coming by bus on the booking form, and we will pick you up from the bus stop.

Hiring transport

In Kaikoura, Kaikoura Shuttles <https://www.kaikourashuttles.co.nz/> (phone 03 319 6166) have a shuttle for groups which you can have drop you off and pick you up from the track. Kaikoura Rentals <http://www.kaikourarentals.co.nz> have a hire van and rental cars for you to drive yourself.

These options are handy if you wish to treat yourself and come on the Coastal Pacific train from Christchurch or Picton. Hiring a car in New Zealand is the easiest way to get to out of the way places. Email sally@kaikouratrack.co.nz if you need extra help.

Departure

You will finish the track back at The Beach House (where you started) mid-afternoon on your second day of walking (depending on how fast you walk and how long you stop for!)

Payment Instructions

Please place full payment into our account for your booking to be 100% confirmed.

Use a bank transfer payment from within New Zealand

ANZ Bank, The Kaikoura Coast Track, 06 0851 011296700

Use your Booking # as the payment reference/code. We will email receipt on arrival of payment.

Use PayPal to pay from outside New Zealand

Please follow the payment link in your booking confirmation email or contact us to request a new link.

Refunds

A 90% refund will be made when at least 21 days' notice is given.

A 50% refund will be made when there is 7–21 days' notice.

No refund will be made for cancellations within 7 days of arrival date.

Map of the walk

Download a pdf map of the walk [here](#).

You can also download and use the [Great Hikes app](#) (search for The Kaikoura Coast Track under Private Walks) which includes the detailed map, indicates where you are on the track while walking, and also provides information about points of interest.

Additional Options

(Payable in **CASH** on arrival. Please do **not** add to your track fee payment)

Meals

If you would like your meals prepared for you please let us know in the 'Additional Information' box on the booking form. Final meal arrangements (including numbers and any dietary requirements) must be confirmed by email to sally@kaikouratrack.co.nz **two weeks** before arrival.

Breakfasts and cut lunches are NZ\$25 per person per meal (gluten-free: NZ\$30 pppm).

Evening meals include a two-course gluten-free home-style meal that is prepared and ready for you to heat at your convenience, NZ\$55 per person per meal.

Your accommodation on the second night has a limited selection of food available to buy e.g. veg/meat pies, sausages, bread, milk, canned goods, biscuits, ice creams, chips, soft drinks, beer and wine. (Please bring enough **cash** on your walk for these purchases).

Linen

Linen is available by prior arrangement – please email sally@kaikouratrack.co.nz at least a week before your arrival. Includes sleeping sheet, duvet and towel. \$40 per person per walk.